

# HELP ENSURE OKLAHOMA'S BABIES AND ARE HEALTHY SAFE



- Encourage and support a woman's healthy choices
- Be healthy before and between pregnancies
- Quit smoking
- Get tested and treated for sexually transmitted diseases
- Have a full-term pregnancy (about 40 weeks)
- Know the signs and get help for postpartum depression
- Avoid exposure of you and your baby to secondhand smoke and tobacco products
- Place baby on his or her back to sleep
- Breastfeed your baby
- Watch baby at all times
- Keep your cool when baby will not stop crying

**To learn more, visit <http://iio.health.ok.gov>  
and talk with your health care provider.**



**Preparing  
for a  
Lifetime**  
It's Everyone's Responsibility



**H**  
Oklahoma State  
Department of Health  
Creating a State of Health